# Method of development of physical qualities of the high school class wrestlers on kurash

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#### **ABSTRACT**

This article outlines ways to increase the physical quality of endurance, flexibility, and physical training of high school and junior wrestlers.

**Keywords:** General and special endurance in the struggle, increasing the coordination complexity of exercises, the development of physical quality flexibility.

# 1. INTRODUCTION

After the independence of the Republic of Uzbekistan, great attention is paid to the development of physical culture and sports, which is an example of a number of laws and regulations adopted as proof of this. Wrestling has a history of three and a half thousand years. Notwithstanding its long history, wrestling only broke ground in 1998 on the world sports scene.

From year to year there is an increasing competition among athletes on national wrestling, which in turn increases the physical qualities and physical training of the wrestlers.

The endurance of a wrestler is the ability to perform at high speed throughout the course of the competition and to hold several contests during the entire tournament [7]. The high endurance allows the wrestler to master great training and competition equipment, to fully realize his or her abilities in museums.

There is a general and special resistance to struggle.

Overall endurance is the ability of an athlete to perform long-term work at low intensity.

Specific endurance is defined by the ability of a wrestler to perform different actions and actions at different intensities during the competition and at high speed in different situations of the body.

Competition activities of the wrestler are multifaceted and involve great work of the muscular system (almost all muscle groups that work in static and dynamic order). Therefore, endurance is determined not only by the amount of oxygen supplied to the muscles in which it works, but also by the adaptation of the muscles to their long-term stressful work. The strength of the athlete will only improve if he or she has overcome a certain tension in training and competition. Knowing that there are different types of muscle activity that are based on physical fatigue and endurance, they can be targeted to improve their functioning

Exercise exercise as a measure of impact on the athlete's body is characterized by the following characteristics:

- exercise intensity;
- duration of training;
- number of repetitions;
- **♣** Duration of the break:
- **4** Recreation feature.

Exercise intensity is one of the most important characteristics of the load that affects the aerobic and anaerobic processes of energy supply. The four zones of severity are accepted: maximum, submaximal, large, low.

Exercise duration is inversely correlated with the intensity of the exercise. The intensity of the operation decreases dramatically with increasing duration of the work from 20 to 25 seconds to 4-5 minutes. The type of energy supply of the exercise depends on its duration.

Duration of exercises in anaerobic-alactate mode is 3-8 seconds, in anaerobic-glycolytic mode 20 to 3 minutes and aerobic -3 minutes and more.

Based on the results of numerous studies, it is possible to determine the contribution of anaerobic and aerobic processes to total energy metabolism in the maximum physical load with different duration.

The results are presented in Table 4.

Table 1. Percentage of anaerobic and aerobic processes on total power consumption in maximum physical loads of different durations

Limit of work duration	power output			Relative share	
	anaerobic	aerobic	total	anaerobic	aerobic
	processes	processes		processes %	processes %
10 sec	20	4	24	83	17
1 min	30	20	50	60	40
2 min	30	45	75	40	60
5 min	30	12	150	20	80
10 min	25	245	270	9	91
30 min	20	675	695	3	97
60 min	15	1200	1215	1	99

The number of repetitions of the exercises determines the degree of their impact on the body.

Increasing the number of repetitions in aerobic conditions forces the respiratory and circulatory system to function for a very long time.

The number of repetitions of the exercise in anaerobic mode may lead to the depletion of oxygen-free mechanisms or the blockage of the central nervous system.

The length of the rest interval is important for determining the body's response to the exercise load, as well as its nature. The recovery processes taking place at the intervals are:

- speed of recovery is not the same first recovery is rapid and then slower;
- ❖ different parameters recover after different periods (heterochronicity);
- Phase changes in the ability to work and other indicators during recovery.

Each subsequent attempt at resting exercises that are sufficient to rest on the break will begin roughly the same as before.

In this case, the load becomes more aerobic in reducing the rest range, as the respiratory processes, which usually occur about 3-4 minutes, are also retained.

Reducing the rest range between maximal and submaximal strength exercises will turn the load into an anaerobic load, as the oxygen debt increases with repetition.

The relaxation feature can be active, slow, and mixed between exercises.

Working at a speed close to the critical point of learning, active rest helps keep the respiratory processes high and prevents the transition from work to rest and vice versa. This results in more weight loading. In addition, active rest after hard work accelerates recovery. The athlete is completely calm and does not exercise while resting between exercises.

The following methods are used to develop endurance: increasing the intensity and intensity of the exercises, variable, interval, variable-frequency, repetition.

The method of increasing the volume is that the amount of exercise time gradually increases from training to exercise. This method implies an increase in the number of training sessions.

The intensity of the exercise involves the pace of exercise, as well as the gradual increase in total workout intensity from workout to exercise.

A changing method is that exercise is performed at different rates. At the same time, the slower time sections decrease from training to training, and the higher the rate at which they pass.

The interval method is that the exercises are broken down into sections and performed with slow and active rest periods. Exercise tasks should vary according to the pace and duration of the exercise, as well as the duration of work and rest periods, depending on the athlete's training and mood.

The repetition technique is that the athlete repeats the same volume or intensity of exercises in one or more sessions.

In the course of the gymnasium, all styles are used in different ways. The effectiveness of endurance training is largely determined by the rationality of the training process. It is important to follow a particular sequence and ensure a positive interaction when performing different exercises. It is advisable to follow the following sequence:

- Alactic-anaerobic exercises (rapid and rapid force), followed by anaerobic-glycolytic (for strength resistance) exercises;
- ♣ Alactat anaerobic and then aerobic exercise (for general endurance);
- **4** anaerobic glycolytic, then aerobic exercise.

If the sequence of the reverse is reversed, the effect of rapid training will be negative and this exercise will be of little value.

The ability of a wrestler is to be able to control movements, to act quickly and accurately in the ever-changing situation of a competition, and to perform the appropriate actions wisely [8].

Speed is the totality of the athlete's coordination skills.

One is the speed at which new movements are captured, and the other is the rapid reorganization of movements to meet the demands of a sudden change.

Speed develops during the training of the athlete. For this purpose it is necessary to make new efforts. All kinds of exercises can be used to develop agility, but they must contain elements of novelty.

The second way to develop agility is to increase the coordination complexity of the exercise. Such complexity can be determined by the high level of precision of the actions, their interoperability, and the need for adaptation to the suddenly changing situation.

The third way is to fight the irregular muscle tension, as manifestation of agility largely depends on the ability to relax the muscles when needed.

The fourth way to develop human coordination is to increase its physical balance. There are several ways to develop this ability:

- 1) Exercises that make it difficult to maintain balance;
- 2) acrobatics and gymnastics exercises;
- 3) exercises with fast head movement in all planes.

The complex (complex) of AI Yarotsky (1971) includes five exercises: turning the head left and right; head back and forth; bending the head to the sides; clockwise rotation; clockwise rotation. These exercises are performed at a rapid rate of up to 10 minutes three times a day.

It is advisable to divide all the tools of the compiler's agility into two sections: general agility development tools and special agility development tools.

The general agility development tools are generally designed to enhance mobility experience and movement coordination. Special agility tools are designed to improve the fighter's specific movement coordination and ability to evaluate and rebuild his or her actions in the event of an emergency.

Flexibility is the ability of a wrestler to perform movements at high amplitude. The elasticity is determined by the mobility of the joints. This, in turn, depends on a number of factors: the structure of the joints, the tendons, the elasticity of the muscles and their ability to stretch. There are several types of elasticity.

Active flexibility is the ability to perform movements at large amplitudes at the expense of individual tension.

Soft elasticity is the ability to exert large amplitudes at the expense of external forces: weights, opponents' movements. The volume of weak elasticity is higher than the corresponding index of active elasticity.

Dynamic flexibility is the elasticity that is manifested in exercises with dynamic properties.

Static elasticity is the elasticity that is manifested in exercises with static elasticity.

Total flexibility is the ability to perform movements with large amplitudes in the largest joints in different directions.

The special elasticity is the ability of the wrestler to perform with great amplitude of movements in joints and directions related to technical and tactical features. Exercise exercises: simple, spring movements, self-shaking movements with external help are key tools for developing flexibility.

A number of methodological guidelines should be followed during these exercises:

- Include exercise exercises before you start;
- setting specific goals, such as touching a specific body or a particular point of an object;
- serial stretching exercises in a particular sequence: for the hands, for the body, for the feet:
- performing relaxation exercises in a series of stretching exercises;
- Increase their amplitude gradually during exercise;
- ❖ When doing exercises, it is important to keep in mind that the most important way to develop mobility is through repetition.

In a month or two, flexibility can be greatly increased during training sessions consisting of 25-50 repetitions, depending on the particular abilities of the twice-daily participants.

The physical training of adolescents involves the development of the right personality, the development of physical skills, physical improvement, the development of physical qualities necessary for mastering technical movements in wrestling [1].

At the age of 12-14 it is desirable to develop agility, agility and flexibility. At age 15-16, adolescents begin to develop strength, and their ability to perform strength exercises quickly. At the age of 16-18, the exercises that require a lot of effort and speed are easier to master, and the conditions for the development of endurance. This is important when preparing teenagers.

Endurance needs to be developed along with other physical attributes. Professor P.Philin (1980) notes that at this age, long-term and one-way training for endurance reduces adolescents' adaptation to agility exercises.

At the age of 12-15, strength training should be done mainly with weight, balls, dumbbells, gymnastics sticks, partner (of different weight) and exercises in various gymnastics.

Strength training for wrestlers aged 16-18 is compounded by increasing the weight of the sporting equipment, changing the starting position, increasing the length of exercise and reducing the amount of rest between exercises.

It is important to be cautious in developing the resilience of young adolescents, including moderate weights, small-scale, or relaxation training exercises. As you adjust to the notebooks, the break will be reduced. For example, in Standing 2Q2 (turn attacks and defenses), the 3-minute break will gradually be reduced to 1 minute.

Partner 2Q2 extends the training time to 3Q3 in consecutive minute intervals. The pace of the fight can then be increased. In the confined area to develop resilience, one will struggle with unilateral resistance (one attacking, the other only defensive), climbing above the parter, or standing up. These exercises teach you how to get out of difficult situations.

According to Professor VP Filin's research, at 13 years, mobility in the joints is again increasing, at the age of 15 it has the highest volume, and at the age of 16-17, the activity rates are reduced. For this reason, in the adolescence, exercises of flexibility and joint mobility are mandatory.

At the age of 12-18 years, it is developed through flexible and flexible joints, with slow-acting exercises that work with little pain (gymnastics, dumbbells, balls), or by slowly increasing and amplifying the movement amplitude. Also, bodybuilding exercises are commonly used by adults.

Thus, comprehensive physical training of adolescents is accomplished by many means.

Younger adolescents are more likely to be involved in games, exercises are different and passionate. All the exercises are done in the main form of training - the lesson.

For purposeful physical training of the teenage wrestler during the training-training course in wrestling the learner's exercises are used. Their purpose is to arrange wrestling training, to develop the right personality, to nurture discipline, relationships and discipline. Pure exercises are done during the introductory, preparatory and final parts of the lesson to form, reassemble and rehearse groups, as well as to relieve stress after exercise.

Common developmental exercises include simple gymnastics (hands, feet, body, weights, weights, items and accessories, and partners) and some types of sports such as weightlifting, rowing and sports.

Such exercises improve the physical development of the wrestler, expand the skills of movement, increase the functional capabilities of the body, and help to restore the working ability. At the same time as general developmental exercises, it is necessary to use more exercises that are similar to the characteristics of the nervous tension and the working order of the adolescent body. Exercises from different sports allowed them to solve different pedagogical tasks in the development of physical qualities, depending on the nature and conditions of their performance. Basically, there is a separation of exercises to train strength, endurance, agility, flexibility and agility. Multiple gymnastics exercises with weights (sticks, dumbbells, balls, etc.) improve strength. Doing these exercises at large speeds for a short period of time can help you develop the qualities of agility.

## 2. CONCLUSION

Each exercise develops a certain quality or group of qualities. For example, joint exercises or barbell exercises, weighing and hand-wringing exercises are strength; running at the intersection - endurance; high-speed gymnastics, short-distance running - helps train speed in movement. The game of basketball allows for a comprehensive nurturing of agility, endurance and agility.

The general developmental exercises, which are performed with low intensity during high emotional excitement, help the body recover its ability to function, especially after the intense exercise. They are used during morning training and exercise sessions in the first part of the lesson (in the preparatory section) and at the end of the main part. In addition, it is necessary to arrange special training in physical training in the woods, fields, rivers (swimming, rowing and playing).

In the course of the training, adolescents need to be trained to perform muscle relaxation, breathing relaxation (extreme relaxation muscles, exercises for deep breathing, etc.) to relieve the body after heavy physical exercises [9].

Muscle relaxation exercises can even help you regain strength quickly in a short period of time, free of stress and tension.

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